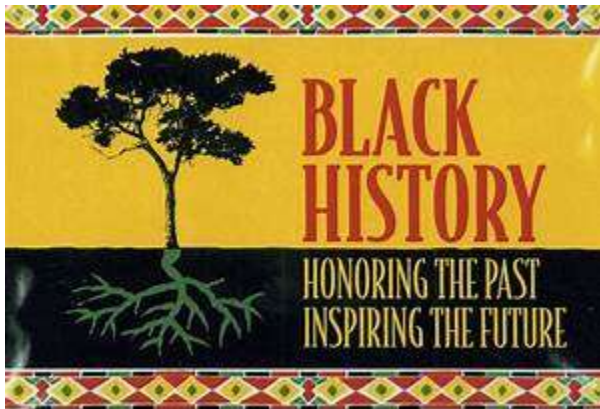


FEBRUARY 2021
From ParentVOICE and Compeer



CABARRUS & MECKLENBURG SUPPORT

ParentVOICE offers informative, educational and engaging groups for caregivers and separate youth groups for ages 8 - 21.

EMPOWERMENT

This group gives a safe, confidential environment for parents or grandparents to receive information and discuss topics related to raising children with behavioral, emotional and/or mental health challenges, share coping strategies, establish social networks, and feel more empowered.

February 8th from 7 – 8 PM

In Crisis? What can you do?

Join Zoom Meeting

<https://us02web.zoom.us/j/87085526191?pwd=V05YbFhXNkJhZUtSVU0yOHhNR0pndz09>

Meeting ID: 870 8552 6191 / Passcode: 914119

OR

February 17th from 2:30 – 3:30 PM

Join Zoom Meeting

<https://us02web.zoom.us/j/83064985798?pwd=UExjKytMVW4rciFaY1FveDJnZzJaUT09>

Meeting ID: 830 6498 5798 / Passcode: 667560

For more information:

Cathy Johnson 704.565.0020 cjohnson@mhacentralcarolinas.org
Amy Dickey 704.519.2314 adickey@mhacentralcarolinas.org

Kristine Holt 980.248.9317 kristineholt2020@gmail.com

KIDS of TOMORROW (KOT)

Kids of Tomorrow is a group meeting where young people, ages 8 – 13, come for fun and support.

February 16th from 4:30 – 5:00 PM

Be Your Valentine

Join Us on Zoom: Call, Email or Text Briana for the Link!

ACTIVE YOUTH

ACTIVE Youth is a group meeting of young people, ages 14 – 21, who come together to share ideas, discuss youth culture topics, and engage in conversations to enhance positive, healthy and meaningful lifestyle choices.

February 18th from 6:00 – 7:00 PM

Be Your Valentine

Join Us on Zoom: Call, Email or Text Briana for the Link!

For more information about ACTIVE Youth / KOT:

Briana Richmond 704.565.3315 brichmond@mhacentralcarolinas.org
Kevin Markle - 704.565.0019 kmarkle@mhacentralcarolinas.org

Program Mission

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FAMILY SUPPORT

Family Partners assist parents as natural/peer supports by collaborating with families who are navigating the education, child welfare, mental health and juvenile justice systems. They help parents prepare for meetings with schools, service providers, and child & family teams. Additionally, they educate parents/caregivers to achieve successful outcomes including improving youth's ability to function at home, in school, and in their community.

For more information and support contact:

Barbara Baker **704.559.2006 (cell)**
Amy Dickey **704.519.2314 (cell)**
Cathy Johnson **704.565.0020 (cell)**
Kristine Holt **980.248.9317 (cell)**

bbaker@mhacentralcarolinas.org (Mecklenburg)
adickey@mhacentralcarolinas.org (Mecklenburg)
cjohnson@mhacentralcarolinas.org (Cabarrus)
kholt@mhacentralcarolinas.org (Cabarrus)

**MHA ParentVOICE staff are working remotely, but we are here and ready to support.
Give us a call or send an email today!**



Compeer Wellness Group

Compeer Friends & Volunteers

Join us for games, conversations and fun

Wednesdays from 12:30 – 1:30 pm

****please note the new start time for 2021**

Join Zoom Meeting

<https://us02web.zoom.us/j/802404390?pwd=QUZFNTQ5TjVJOVc3UDdYNDMrejFXQT09>

or by phone:

+1 301 715 8592 US

For more information and to receive the passcode:

Angela Garlins 704.519.2332 agarlins@mhacentralcarolinas.org
Lisa Detlefsen 980.272.1159 lcdetlefsen@mhacentralcarolinas.org

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MHA OF CENTRAL CAROLINAS

LET'S GET SOCIAL!

Join **ACTIVE Youth** as we explore the benefits of connections via social media and what healthy social media intake habits look like for youth.

Thursday, February 4th

6:00 PM

Hosted Virtually

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ParentVOICE Program – Telephone: 704-365-3454/ Website: www.mhacentralcarolinas.org

3703 Latrobe Drive Suite 220, Charlotte, NC 28211

MHA OF CENTRAL CAROLINAS

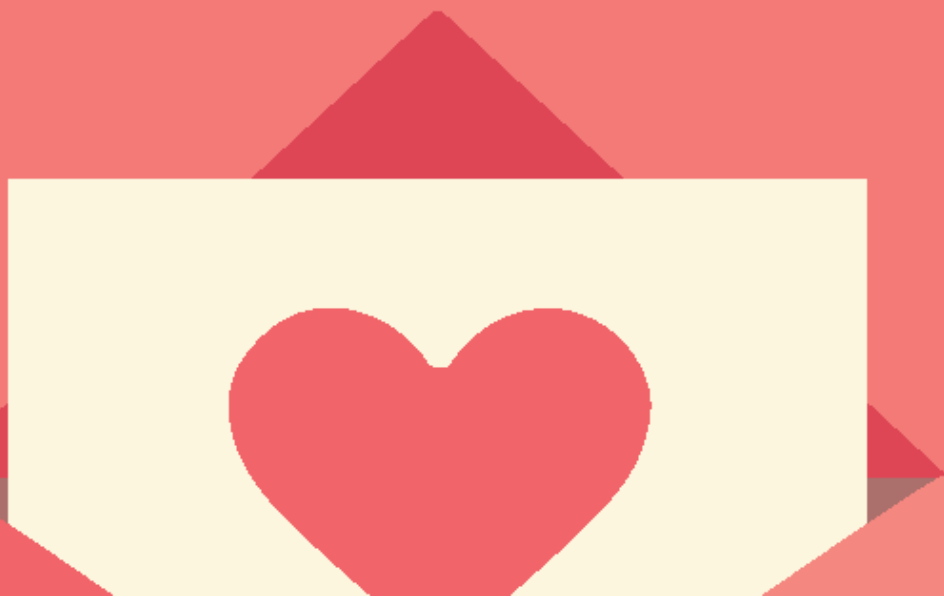
Be Your Valentine!

Join us as we discuss the importance of self-love and how we can engage in actions to care for the mind and body.

Kids of Tomorrow: February 16th | 4:30 PM

ACTIVE Youth: February 18th | 6:00 PM

Hosted Virtually



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Does the pandemic have you worried? Are you feeling overwhelmed with changes during quarantine? Are you struggling with balancing having your children participate in virtual learning?

If so, reach out for some counseling that can help you cope!



You're Not Alone

The COVID pandemic has impacted many Americans' lives in a variety of ways. Some have lost jobs, housing, and loved ones. Many have lost an overall sense of safety.

Have you or your children been negatively affected by COVID? Do you think you or your children would benefit from counseling?

If so, MHA may be able to match you with a local mental health practitioner who can help.

MHA COVID Counseling for Mecklenburg and Cabarrus Residents

MHA is partnering with Disability Rights & Resources, Mecklenburg County and licensed local counselors to provide free short-term counseling for individuals affected by COVID, who cannot afford it on their own.

Our intake coordinator will work to match you with the best counselor for your needs.

6 sessions for adults or youth

CONTACT US

704.365.3454

mhacentralcarolinas.org



TO SIGN UP: Call David Kleitsch, MSW at 919.307.6017

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Was volunteering in 2021 one of your New Year's resolutions? Are you feeling lonely and isolated? We have an opportunity for YOU! Join Angela Garlins to learn more about our Compeer program!



MHA's Compeer Virtual Presentation

Join MHA's Compeer Coordinator, Angela Garlins,
Monday, February 8, 2021 at 3:00 p.m.
or
Friday, February 19, 2021 at 6:00 p.m.
to learn how you can take part in the Compeer experience.

Who should be at this event:

- Any professional who provides services to people in the community,
- Adults 18 and older who may be looking for volunteer opportunities,
- Any member of the community who feels like they could benefit from having a supportive friendship.

REGISTER NOW

Monday, February 8, 2021
3:00 – 4:00pm

Friday, February 19, 2021
6:00 – 7:00 pm

COST: FREE

Compeer is a program of Mental Health America of Central Carolinas

Compeer works to develop long term, meaningful friendships for those who are looking to increase their social supports as they walk the journey of recovery such as mental health, substance abuse, isolation and loneliness. Compeer is making meaningful connections in our community. Compeer serves Mecklenburg and Cabarrus Counties.

Questions?

CONTACT:
Angela Garlins
704.365.3454
ext. 217

TO SIGN UP: [CLICK HERE](#)

OR GO TO
WWW.MHACENTRALCAROLINAS.ORG

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MENTAL HEALTH MATTERS VIRTUAL SERIES

Join MHA's Executive
Director, Kathy Rogers
**Tuesday, February 9,
2021 at 12 noon** for
Mental Health Matters
focused on
***Social Media, Teens
and the Impact to
Mental Health***

Connect with us for 30
minutes of inspiration,
connection, and Q&A.

REGISTER NOW

**TUESDAY, FEBRUARY 9, 2021
12:00-12:30 P.M.
COST: FREE**

**TO SIGN UP: [CLICK HERE](#)
OR GO TO
WWW.MHACENTRALCAROLINAS.ORG**

OUR GUEST



Amy Gebben, LMFT, RPT

Amy Gebben, of [Calming Waters Counseling Services](#), has been working in the field of mental health for over 10 years with a Master of Arts in Marriage and Family Therapy from Argosy University. Amy is passionate about helping clients work through traumatic experiences, focusing on beliefs created in early childhood, and process how that has shown up in current life trials. Amy works with all ages and stages, blending different techniques to fit the need of her clients—from using play therapy techniques with ages 2 to 14, trauma focused cognitive behavioral therapy techniques and EMDR for adolescents to adults, and sand tray therapy techniques. She works with clients to improve stress management, self-worth, self-care, manage symptoms from grief/loss, sexual, emotional and verbal abuse, abandonment, and explore sexual identity/orientation.

CONTACT US

704.365.3454
mhacentralcarolinas.org



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Training / Learning Opportunities for Parents, Peer Supporters, and Others

You are invited to join us for some upcoming trainings. These trainings are mandatory for those participating in MHA's Family Partner Training Institute. All classes will be offered in a virtual environment via Zoom. Don't hesitate, register today via the SignUpGenius links below to attend!

QPR & De-Escalation

Thursday, February 25 9 am – 12:30 pm

QPR® Question, Persuade, Refer - Gatekeeper training - three simple steps that anyone can learn to help save a life from suicide; how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

De-Escalation Training is designed to increase awareness about your role in tense situations, and how to de-escalate and prevent a crisis.

<https://www.signupgenius.com/go/20F0449AAAF2FA2FE3-qprdeescalation>

MCTI – System of Care & Child and Family Teams

Monday, March 1 & Tuesday, March 2 9 am – 4:30 pm (both days)

This 2-day MeckCARES Community Training Institute training will explore several aspects of the nationally recognized System of Care approach to service delivery. This training will provide a basic understanding of the System of Care approach and build skills related to the concept of Wraparound, specifically engagement and team preparation. The curriculum promotes a foundation for utilizing a strength based approach in service and support of youth and families as well as develops skills for creating a Strengths, Needs and Culture Discovery. Participants will be provided with strategies to assist in identifying natural supports and resources for the youth and family. The series also offers necessary skills for the development of the One Child One Plan and Crisis Prevention Planning. Training concepts are facilitated through a thought provoking and interactive approach to assist participation and integration of taught concepts in alignment with the System of Care principles.

<https://www.signupgenius.com/go/20f0449aaaf2fa2fe3-mcti>

IDEA, IEPs & 504s

Friday, March 19 & Friday, March 26 9 am – 3 pm (both days)

Students with disabilities might have or need an IEP or a 504 Plan. This workshop includes:

- An overview of Individuals with Disabilities Act (IDEA) and other mandates;
- An overview of the IEP (Individualized Education Program) and 504 Plans;
- How they are different; and
- How to effectively participate and advocate for students and support parent in either process.

This training will be provided by attorney advocates from the Council for Children's Rights.

<https://www.signupgenius.com/go/20f0449aaaf2fa2fe3-idea1>

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Understanding Trauma and Impact on Minority Community

As part of Cardinal Innovations' Black History Month celebrations, the Cardinal Innovations Healthcare Cultural Competence Provider Council, Cultivating Diversity, will host a training on Understanding Trauma and its Impact on Minority Populations during the COVID Pandemic on February 19.

This virtual training will include discussions about trauma and its impact on the minority community as well as the impact of COVID-19. A multi-cultural trauma-informed approach will be presented.

The presenter for this session will be Christa Phipps, Ph.D., a Licensed Professional Counselor-Supervisor, LCMHC-S at Hickory Grove Baptist Church. Phipps has been a counselor for over 20 years. She specializes in a variety of issues such as trauma, depression, anxiety, eating disorders, ADHD, and behavioral issues with children. She has worked at Hickory Grove since 2005 as a professional counselor and became the Clinical Supervisor in 2012.

DATE
February 19, 2021

TIME
10:00 AM - 12:00 PM

LOCATION
Available online

AUDIENCE
Providers / Public

COST
Free

Registration: [Click Here](#) or email Denise Derkowski, dderkowski@rescare.com and include "Training" in the subject line.

Advancing Racial, Ethnic, & Social Equity



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>>> **CHILD & FAMILY TEAM TRAINING (CFT 1)** <<<

Virtual Training

MARCH 4&5TH

**2021
9am -4pm**

- Who Should Attend ? :
- Agency Providers
- Community Stakeholders
- (DJJ, School, MCO Staff, etc.)
- Social Workers
- Family Partners
- Anyone involved in Child and Family Team Meetings: Family and/or Caregivers
- Register today for Upcoming CFT training:

CONTACT:

**BARBARA YOUNG, CFSP
NCFU FAMILY PARTNER
(336) 266-2530 (MOBILE)**

Email:byoung@ncfamiliesunited.org

Training is free and space is limited...

Registration Link: Click on the link to sign up for the training:

<https://forms.gle/mHAaQVGcEH5u5rGv6>



CFT TRAINERS:

**BARBARA YOUNG, NCFU FAMILY PARTNER &
VERNELL MACKIE CART, CPLC, CDVSI, CPSS, QP
CERTIFIED CLINICAL TRAUMA SPECIALIST**

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[Charlotte-Mecklenburg Schools Nutrition Services](#)

Stop by one of the following distribution sites this week to receive a meal bundle for your student. We are here to help provide the food our students need while learning remotely. [#fuel4remotlearning](#) [#cmsnutrition](#)



Meal Bundle Pick up Schedule Wednesdays from 10:00 am until 1:00 pm

Meal Distribution Site	Address	City	St	Zip
Ardrey Kell High School	10220 Ardrey Kell Road	Charlotte	NC	28277
Julius L Chambers High School	7600 IBM Drive	Charlotte	NC	28262
Charlotte East Language Academy	6108 Wilora Lake Road	Charlotte	NC	28212
Charlotte Mecklenburg Academy	5833 Millhaven Lane	Charlotte	NC	28269
Crestdale Middle School	940 Sam Newell Road	Matthews	NC	28105
Eastway Middle School	1501 Norland Road	Charlotte	NC	28205
Garinger High School	1100 Eastway Drive	Charlotte	NC	28205
Hopewell High School	11530 Beatties Ford Road	Huntersville	NC	28078
Joseph W Grier Academy	8330 Grier Road	Charlotte	NC	28215
Martin Luther King, Jr Middle School	500 Bilmark Avenue	Charlotte	NC	28213
McClintock Middle School	1925 Rama Road	Charlotte	NC	28212
Metro School	405 South Davidson Street	Charlotte	NC	28202
Mint Hill Middle School	11501 Idlewild Road	Matthews	NC	28105
Nations Ford Elementary School	7050 Nations Ford Road	Charlotte	NC	28217
North Mecklenburg High School	11201 Old Statesville Road	Huntersville	NC	28078
Northwest School of the Arts	1415 Beatties Ford Road	Charlotte	NC	28216
Oakdale Elementary School	1825 Oakdale Road	Charlotte	NC	28216
Olympic High School	4301 Sandy Porter Road	Charlotte	NC	28273
Phillip O'Berry Academy of Technology	1430 Alleghany Street	Charlotte	NC	28208
Pinewood Elementary School	805 Seneca Place	Charlotte	NC	28210
Providence High School	1800 Pineville-Matthews Road	Charlotte	NC	28270
Ranson IB Middle School	5850 Statesville Road	Charlotte	NC	28269
Ridge Road Middle	7260 Highland Creek Parkway	Charlotte	NC	28269
River Oaks Academy	1015 Mt. Holly-Huntersville Road	Charlotte	NC	28214
Rocky River High School	10505 Clear Creek Commerce Drive	Mint Hill	NC	28227
Sedgefield Middle School	2700 Dorchester Place	Charlotte	NC	28209
South Mecklenburg High	8900 Park Road	Charlotte	NC	28210
Southwest Middle School	13624 Steele Creek Road	Charlotte	NC	28273
Sterling Elementary School	9601 China Grove Church Road	Pineville	NC	28134
Tuckaseegee Elementary School	2028 Little Road Road	Charlotte	NC	28214
Whitewater Middle School	10201 Running Rapids Road	Charlotte	NC	28214
Windsor Park Elementary School	3910 Sudbury Road	Charlotte	NC	28205

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QPR Gatekeeper Virtual Suicide Prevention Training

Join MHA's
Education Team...
**Friday, February 12, or
Monday, February 22,
2021** for **Question,
Persuade, and Refer
Gatekeeper Training**

Registration Required!

COST: FREE

**Friday, February 12, 2021
10:00am-12:00pm**

**Monday, February 22, 2021
6:00pm-8:00pm**

We Can All Save Lives

QPR stands for Question, Persuade, and Refer, three steps anyone can learn to help prevent suicide.

Just like CPR, QPR is an emergency response to someone in crisis and can save lives.

QPR is the most widely taught gatekeeper training program in the United States, and more than 300,000 adults have been trained in classroom settings in more than 40 states. MHA has trained over 9,000 community members since 2018!

CONTACT US

704.365.3454
mhacentralcarolinas.org



TO REGISTER UP: [CLICK HERE](http://www.mhacentralcarolinas.org)

**OR GO TO
WWW.MHACENTRALCAROLINAS.ORG**

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*Compeer and ParentVOICE have access to lots of resources in our communities.
If you need food, employment, financial assistance, mental health care, transportation,
medical/dental/vision care, etc. please call 704.365.3454*

Employment Opportunities / Career & Job Search Resources:

Newly Added: UrbanPromise is searching for excellent candidates for several important job openings as they expand to a fourth neighborhood site later this year and grow their middle school programs at the existing South Boulevard and East Charlotte sites. The majority of the students served at UP are from the Latinx community, so candidates who have a strong understanding of and affinity for this community are highly encouraged to apply. Find out more about the organization by watching the video listed below. Apply by following the “apply here” link.

Video: <https://vimeo.com/383971676>

Apply here: <https://www.urbanpromisearchlotte.org/job-opportunities>



NCWorks has an amazing Job Bank!
New jobs are posted every day!



CAREER CENTER VIRTUAL SERVICES We are still here to help you!

For Job Seekers

- Speak with a Career Advisor to:
 - Receive one on one career coaching
 - Update and refine your resume
 - Perfect your interviewing skills
 - Explore education and employment opportunities that match your skills and interests
 - Learn about in-demand industries and occupations
 - Register for virtual workshops designed to help you meet your career goals
 - Access to virtual hiring events and hear directly from employers who are actively hiring
 - Hear about internship and on the job training opportunities

For Businesses

- Speak with a Business Solutions Consultant to:
 - Advertise your positions in NCWorks
 - Receive assistance with job matching for your positions at various levels of experience
 - Gain access a diverse, ready pool of candidates who match the skills and abilities required for your positions including veterans
 - Find out how you can host a virtual hiring event and speak directly with job seekers interested in your organization and industry
 - Learn how our team can assistance with pre-screening candidates for you
 - Access workforce training funds to support training new and existing employees

Call (855) NCWorks/ (855)-629-6757, or visit www.NCWorks.gov ; for Unemployment: 888-737-0259, des.nc.gov

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**** Beatties Ford Road Vocational Trade & Family Counseling Center** is open for business.

We provide construction craft training in the areas of:

- Metal Framing/Drywall
- Carpentry
- Concrete Masonry
- Brick/Block Masonry
- Electrical
- Heating & Air Ventilation
- Blueprint Reading/Estimating
- Fiber Optics Technician training starts July 6-12, 2020.

As a state licensed mental health and substance abuse agency we are providing professional counseling onsite and due to the Covid-19 outbreak we are providing mental health and substance abuse assessments and counseling virtually through telemedicine and we have virtual and audio assessment and counseling for our DWI Services.

If you have any questions, please feel free to contact us at (980) 349-4067.

Frances Hall, Executive Director

Beatties Ford Road Vocational Trade Center

1406 Beatties Ford Road-Charlotte, N.C. 28216

"Providing A Tool Bag For Success & Recovery"

****Goodwill-** <https://goodwillsp.org/train/goodwill-university/>

Virtual Information Sessions

1. Construction Training Information Session - We recently added three new virtual training programs in the construction and trade field: Construction Basics, Intro to Blueprint Reading and Estimating, and Intro to Electrical/HVAC. The Construction Basics course serves as the prerequisite for the two advanced courses.

Virtual One-Hour Workshops- Registration: Email VirtualCareerResources@goodwillsp.org

Microsoft Excel Workshops

1. Creating a Workbook from Scratch- Mondays, 11:30 a.m. – 12:30 p.m.
2. Formatting Your Workbook- Tuesdays, 11:30 a.m. – 12:30 p.m.
3. Understanding Formulas in Excel-: Tuesdays, 6-7 p.m.
4. Conditional Formatting -Wednesdays, 11:30 a.m. – 12:30 p.m.
5. Understanding Functions in Excel-Wednesdays, 6-7 p.m.
6. Filtering and Sorting Data in Excel- Thursdays, 11:30 a.m. – 12:30 p.m.
7. Creating Charts in Excel-Fridays, 11:30 a.m. – 12:30 p.m.

Microsoft Word Workshops

1. Creating, Opening and Saving Documents-Mondays, 10-11 a.m.
2. Exploring the Ribbon-Mondays, 1:30 – 2:30 p.m.
3. Working with Text-Tuesdays, 1:30 – 2:30 p.m.
4. Page Formatting, Paragraph and Line Spacing-Wednesdays, 10-11 a.m.
5. Working with Lists-Wednesdays, 1:30 – 2:30 p.m.
6. Headers, Footers and Page Numbers- Thursdays, 10-11 a.m.
7. Inserting Pictures and Symbols- Thursdays, 1:30 – 2:30 p.m.
8. Working with Tables-Fridays, 10-11 a.m.

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Other Workshops

1. Who's Still Hiring? – Discovering Employment Opportunities & Avoiding Fraudulent Job Postings - Course Description: This workshop is designed to help participants discover current employment opportunities in the Charlotte area, best practices for applying, and how to avoid fraudulent online job scams. Wednesdays, 10-11 a.m.
2. Tips for Online & Virtual Interviewing- Course Description: This workshop is designed to help participants with quick and helpful tips for successful virtual and online interviewing. Thursdays, 11 a.m. – 12 p.m.
3. 'O*NET – Articulating Your Skill-Set'- Course Description: O*NET is a comprehensive web application that assists job seekers in exploring occupations, interests, skills matching, resume writing and much more. This workshop is designed to teach participants how to navigate through O*NET and find the best job based on interests, knowledge and skill set. Tuesdays, 11 a.m. – 12 p.m.
4. Professional Networking & Creating a Lasting Impression- Course Description: This workshop will assist attendees with learning how to build a professional network. Including best practices in both virtual and in-person settings. Fridays, 10-11 a.m.

Upskill, refresh your knowledge, or find something completely new to help you develop both professionally and personally with the following online learning opportunities.

1. GCFLearnFree.org

GCFLearnFree.org is free for everyone and offers more than 200 topics, 7,000 lessons, 1,000 videos and 50 interactives and games.

Topics include:

Microsoft: Word, Excel, PowerPoint

Google: Google Docs, Sheets, etc.

Work and Career: Business Communications

Core Skills: Math, Reading, Grammar

Skills for Today: Decision Making, Personal Finance, Adapting to Change

[Click here](#) to explore the GCFLearnFree.org site. / [Click here](#) to explore the GCFLearnFree YouTube Channel.

2. Lynda.com from LinkedIn

Lynda.com is an online educational site that includes more than 3,000 courses (and more than 130,000 videos).

Courses include areas like business, management, project co-ordination, web design, IT, marketing, etc. Normally, using lynda.com requires a paid subscription, but Charlotte Mecklenburg Library cardholders can access lynda.com content free with their library card number following [these instructions](#). [Click here](#) to find out more about getting a virtual Mecklenburg Library card. Use the Library Chat to contact a Librarian Monday – Friday 9 a.m. – 6 p.m.

[Click here](#) for how to start a free month's trial with lynda.com from LinkedIn.

Find out how **other county libraries** may have Lynda.com as a free or discounted resource by visiting their websites.

- LinkedIn Learning Remote Working Course- The LinkedIn Learning course [Remote Working: Setting Yourself and Your Teams Up for Success](#) has been made free to all, regardless of whether you have a LinkedIn Learning account or not.
- Read Charlotte - Read Charlotte has worked with community partners to curate [this list](#) of resources to help families keep learning alive at home for children from Pre-K-12th grade amid school closures due to the COVID-19 epidemic.
- Coursera- [Coursera](#) collaborates with leading universities and companies to provide affordable, as well as free online courses to help people learn skills, get ready for a career, or earn a certificate or degree.

For More Information About Our Free Training Courses visit: <https://goodwillsp.org/train/goodwill-university/>

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Children Family Services Center has some jobs that you might be interested in. Job openings in all locations:

Socialserve - Chief Program Officer

Children Family Services Center - Charlotte, North Carolina

Position; Chief Program Officer ABOUT SOCIALSERVE Socialserve is a 501(c)(3) nonprofit that connects people to housing and provides supportive, second chance employment. Our vision is a world with equ...

Ada Jenkins Center - Case Coordinator

Children Family Services Center - Davidson, North Carolina

Ada Jenkins Center Position Title: Case Coordinator Salary: \$35360 Under the general direction of the Director of the Economic Mobility Department and in accordance with the mission of the Ada Jenkins...

Safe Alliance - Accounting & Compliance Specialist

Children Family Services Center - Charlotte, North Carolina

Position: Accounting & Compliance Specialist Salary: \$42,000 - \$52,000 The Accounting & Compliance Specialist supports the agency mission of providing hope and healing to those impacted by domestic...

Safe Alliance - Lake Norman Coordinator

Children Family Services Center - Mooresville, North Carolina

The Lake Norman Coordinator supports the agency mission of providing hope and healing to those impacted by domestic violence and sexual assault by providing oversight and coordination of direct client ...

Thanks,
Human Resources
Children Family Services Center

For a complete listing of available jobs, please visit our career site at: <http://cfscsharedservices.isolvedhire.com>

Empowerment Workshops- Commonwealth Charlotte - Participants only need to attend one, 1-hour session. Once completed, they are eligible to work with Common Wealth Charlotte staff one-on-one and apply for a loan through us; Opportunity Loan, Credibility Loan and the Housing Loan. Participants can also apply for an account through Charlotte Metro Credit Union and CWC will cover the \$5 membership fee if the participant qualifies for the account. The same Zoom address will be used for all meetings:

<https://us02web.zoom.us/j/2912309794?pwd=dDNvNndLS1hDcEhPM05YOFpqbjVrdz09>

Meeting ID: 291 230 9794 Password: CWC

Furniture resources:

- Love, Inc. <https://www.facebook.com/LoveIncCharlotte/>
- Furnish for Good <https://furnishforgood.org/>

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WARMING HEARTS AND HOMES

Meeting your immediate energy needs



Do you need help paying your heating bill this winter?

The Mecklenburg County Department of Social Services is offering help to residents this winter by providing Low Income Energy Assistance Program (LIEAP) funds to eligible households. LIEAP is a federal program that assists low-income households with their immediate heating needs, so they won't have to choose between heating their homes and buying other necessities.

You do not have to be at risk of disconnection or delinquent to take advantage of this one-time, direct vendor payment in the amount of \$300, \$400 or \$500.

WHEN DO I APPLY?

- **December 1, 2020 - March 31, 2021**
(Seniors 60+)
- **January 4, 2021 - March 31, 2021**
(All Households)

HOW DO I APPLY?

Download the LIEAP application on our county website www.mecknc.gov/LIEAP and:

- Mail completed application to 301 Billingsley Road, Charlotte, NC 28211
- Email your completed application to lieap@mecklenburgcountync.gov or
- Drop-off completed application at one of our DSS locations:
Wallace Kuralt Building at 301 Billingsley Road, Charlotte NC, 28211
Community Resource Center at 3205 Freedom Drive, Suite 1000, Charlotte, NC 28208
- Call our DSS Call Center at 704-336-3000 or Just I Call at 704-432-1111 to complete a telephone application. A LIEAP representative will contact you to begin the interview process
- Visit our All ACCESS POINT @ <https://allaccess.mecknc.gov> to apply for benefits, submit documents for existing cases and much more

HOUSEHOLD CRITERIA

- At least one eligible U.S. Citizen or Legal Resident
- Cash resources of \$2,250 or below
- Be responsible for the heating cost
- Income at or below 130% of the Federal Poverty Limit (see table below).
- Households **DO NOT** have to be behind on their energy bill to qualify.

WINTER 2020-2021 HOUSEHOLD INCOME GUIDELINES 130% of FEDERAL POVERTY

FAMILY SIZE	MONTHLY	YEARLY
1	\$1,382	\$16,584
2	\$1,868	\$22,416
3	\$2,353	\$28,236
4	\$2,838	\$34,056

WHAT FORMS OF VERIFICATIONS ARE REQUIRED?

- Any of the following forms of identification: State ID Card, Driver's License or Passport
- Utility Bill
- Social Security Number
- Proof of Income

LIEAP PAYMENT DETAILS:

Checks will be sent directly to the utility companies/vendors. The amount of the payment is based on the household's source of fuel (e.g., electric, gas, etc.) and other criteria. For more information, please visit our county website: mecknc.gov/LIEAP

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CHARLOTTE COVID TESTING LOCATIONS:

- Atrium Health Levine Children's Urgent Care - Cotswold at 231 S. Sharon Amity Road
- Atrium Health Urgent Care - Morehead at 1426 E. Morehead Street
- Atrium Health Urgent Care - Mountain Island at 10210 Couloak Drive, Suite E
- Atrium Health Urgent Care - Prosperity Crossing at 5727 Prosperity Crossing Dr
- Atrium Health Urgent Care - Rea Farms at 11115 Golf Links Drive, Suite
- Atrium Health Urgent Care - SouthPark at 4525 Cameron Valley, Parkway, Suite 1500
- Atrium Health Urgent Care - University City at 9325 J.W. Clay Blvd., Suite 221
- Atrium Health Urgent Care- Ballantyne at 14214 Ballantyne Lake Road
- BetterMed Urgent Care - Charlotte at 1431 South Boulevard
- Carolinas HealthCare Urgent Care - Arboretum at 7810 Providence Road, Suite 102
- Carolinas HealthCare Urgent Care - Eastland at 5717 Albemarle Road
- Carolinas HealthCare Urgent Care - Steele Creek at 9332 S. Tryon Street
- FastMed Urgent Care - Charlotte at 2728 W. Mallard Creek, Church Road, Suite 300
- Novant Health - East Charlotte at 5501 Executive Center Drive
- Novant Health - Michael Jordan Clinic at 3149 Freedom Drive
- Novant Health GoHealth Urgent Care - Ballantyne at 15235 John J Delaney Drive, Suite B
- Novant Health GoHealth Urgent Care - Waverly at 11840 Southmore Drive
- Novant Health OB/GYN Urgent Care - Carmel at 6331 Carmel Road, Suite 102
- Novant Health GoHealth Urgent Care - Berewick at 4815 Berewick Town Center Drive
- Novant Health GoHealth Urgent Care - Midtown at 445 South Kings Drive
- Novant Health GoHealth Urgent Care - Quail Hollow at 8450 Park Road
- Novant Health GoHealth Urgent Care - Steele Creek at 13129 South Tryon Street, Suite 120
- Tryon Satellite Location Midtown at 900 East Morehead Street
- StarMed Family Practice and Urgent Care at 4001 Tuckaseegee Rd
- StarMed Family Practice and Urgent Care at 5344 Central Avenue
- NovantHealth GoHealth Urgent Care - Jetton at 19485 Old Jetton Road, Suite 100
- NovantHealth Screening Center - Huntersville at 16525 Holly Crest Lane, Suite 120
- BetterMed Urgent Care - Matthews at 2304 Matthews Township Pkwy, Suite 104
- NovantHealth Screening Center - Matthews at 3330 Siskey Parkway
- Tryon Satellite Location Matthews at 630 Matthews Township Parkway
- NovantHealth GoHealth Urgent Care - Mint Hill South at 11300 Cresthill Drive, Suite 120
- Novant Health Screening Center - Huntersville at 16525 Holly Crest Lane, Suite 120
- Novant Health Screening Center - Matthews at 3330 Siskey Parkway

MENTAL & EMOTIONAL HEALTH:

MHA Screening: Online screening is one of the quickest and easiest ways to determine if you're experiencing symptoms of a mental health condition. Our screens are free, confidential, and scientifically-validated – they're the same questions you would get in a doctor's office.

2019 Back to School Toolkit - Stress & Loneliness: The content in last year's Back to School toolkit is still relevant, especially during COVID times.

NotOK App: It can be really hard to ask for help, especially in our toughest moments. The NotOK app allows you to pre-select up to five contacts, and when you press a button in the app, it will text those contacts with your location

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and a message that says “Hey, I’m not OK. Please call me, text me, or come find me.” It’s a great way to let your support system know that you need some help, even if you can’t put it into words.

National Suicide Prevention Lifeline: The Lifeline provides 24/7, free, and confidential support to people in distress – you don’t need to be suicidal to reach out. Call 1-800-273-8255 to be connected with a crisis counselor.

Crisis Text Line: If you prefer texting to talking on the phone, text MHA to 741-741 to be connected with a crisis counselor who will help you get through your big emotions.

Domestic Violence Hotline: The stressors of COVID have the potential to increase violence between partners and in homes. If you’re experiencing domestic violence, looking for resources or information, or are question unhealthy aspects of your relationship, call 1-800-799-7233 or go to their site to virtually chat with an advocate.

Childhelp National Child Abuse Hotline: If you or a child you know is being hurt or doesn’t feel safe at home, you can call or text 1-800-4-A-CHILD (1-800-422-4453) or [start an online chat](#) to reach a crisis counselor. They can help you figure out next steps to work through what is happening and stay safe.

44 Children’s Books About Mental Health

Best books for helping kids understand emotional and learning challenges – [click here for list](#)

We are continually adding to our resource lists. If you know of other resources, please email information and links to Candace Wilson cwilson@mhacentralcarolinas.org

Resources to help consumers, community members, and health care workers cope effectively with the COVID-19 pandemic in NC:



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The **Hope4NC Helpline** (1-855-587-3463) connects North Carolinians to additional mental health and resilience supports that help them cope and build resilience during times of crisis. As part of the state's recent hurricane recovery efforts it served over 4,400 people in the most impacted counties, and now it is being made available to everyone in North Carolina's 100 counties during the COVID-19 crisis. This initiative is in partnership with all seven of the state's [LME/MCOs \[ncdhhs.gov\]](https://www.ncdhhs.gov/lme/mco) and REAL Crisis Intervention Inc. in Greenville. Hope4NC is now available 24 hours per day, seven days a week to speak to a live person.

The **Hope4Healers Helpline** (919-226-2002) is a new initiative in partnership with the North Carolina Psychological Foundation. It provides mental health and resilience supports for health care professionals, emergency medical specialists, first responders, other staff who work in health care settings and their families throughout the state who are experiencing stress from being on the front lines of the state's COVID-19 response. Hope4Healers is also available 24 hours per day, seven days a week for people to reach out for support; they will be contacted quickly by a licensed mental health professional for follow-up.

Also, please continue to get up-to-date information at [https://www.ncdhhs.gov/divisions/public-health/coronavirus-disease-2019-covid-19-response-north-carolina \[ncdhhs.gov\]](https://www.ncdhhs.gov/divisions/public-health/coronavirus-disease-2019-covid-19-response-north-carolina).

And, as another resource for submitting questions and requests for information, please send to: BHIDD.COVID.Qs@dhhs.nc.gov or Medicaid.COVID19@dhhs.nc.gov.



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MENTAL HEALTH HELP DURING COVID-19

CRISIS TEXT LINE:



TEXT **HOME** TO
741741

NATIONAL SUICIDE
PREVENTION
LIFELINE:



1-800-273-8255

LOCAL CRISIS LINE:



1-800-939-5911

DISASTER DISTRESS
HELPLINE:



1-800-985-5990

GET HELP FOR
SUBSTANCE USE
DISORDER:



1-800-662-4357

VETERANS IN CRISIS:



VETERANSCRISISLINE.NET

SUPPORT IN NC:
HOPE4NC HELPLINE



1-855-587-3463

SUPPORT FOR NC
MEDICAL WORKERS:
HOPE4HEALERS
HELPLINE



919-226-2002

RESOURCES:



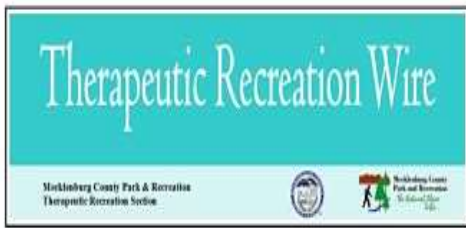
MHANATIONAL.ORG/COVID19

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All of TIRS programs for January-February will be virtual, as we are not yet programming inside, and it will be too cold to program outside in January-February. However, we have a wide variety of options to choose from! See below for more details.

If the start date has already passed for a program, still contact us to get registered! We may still have availability.

Attached is the January TR Wire, however, changes are often made to our schedule as we try and ramp up programs again. **Changes will be highlighted in green below.**

Flicks and Friends for ages 18+ will be on Wednesdays, January 13-**February 24** from 1:15-2pm. This program will be live via WebEx and is free! For more information, contact Carina at Carina.Castro@MeckNC.Gov

The Wednesday Wake Up Club is free for participants ages 18+ with a disability that want to start their day on a good note! It will be from 9:30 to 10:45am every on Wednesdays Jan 13th - **Feb 24th**. Wake up feeling connected & empowered with us; contact Madeline.Jones@MeckNC.gov for more information!

Dance for All Abilities with the Charlotte Ballet is on-going on Thursdays from 5-6pm. There is no cost! To sign up, fill out this link: <https://www.surveymonkey.com/r/HHL9J8L>

Zumba Everywhere for ages 12 and up with a disability will be on Tuesdays and Thursdays, January 12 – **February 25th** from 5:30-6:30pm on Zin Studio. For more information contact Danielle at Danielle.Dobbs@MeckNC.Gov

Virtual Cooking for ages 13 and up will be on Mondays, Jan 25 – **Feb 22** from 11-12pm on Zoom. For more information contact Katie at Katherine.Culbreth@MeckNC.Gov

Strong30 for ages 13 and up with a disability will be on Fridays, January 15 – **February 26th** from 5:30-6pm on Zin Studio. For more information contact Danielle at Danielle.Dobbs@MeckNC.Gov

Virtual Yoga for ages 13 and up will be on Mondays, January 11 – Feb 8 from 12-1pm Live via Webex. For more information contact Danielle at Danielle.Dobbs@MeckNC.Gov

NBA Trivia Tournament for ages 13 and up will be on Mondays, January 11 – February 8th from 5:30-6:30pm on Webex. For more information contact Danielle at Danielle.Dobbs@MeckNC.Gov

Backyard Bootcamp for ages 13 and up will be on Tuesdays starting **January 19** from 11-12pm on Zoom. For more information contact Shawn at Shawn.Whitman@MeckNC.Gov

E-Gaming Tournament: Playstation Rocket League for ages 13 and up will be on Fridays, Jan 15 – **Feb 26** from 3-4 pm on Zoom. For more information contact Danielle at Danielle.Dobbs@MeckNC.Gov

E-Gaming Tournament: Nintendo Switch Super Smash Bros Ultimate for ages 13 and up will be on Fridays, Jan 15 – Feb 5 from 4:30-5:30pm. For more information contact Danielle at Danielle.Dobbs@MeckNC.Gov

We are excited to see you recreating again, whether it's through a screen or in our parks!

For more information about TR programs, contact [980.314.1192](tel:980.314.1192) or email at trinfo@mecklenburgcountync.gov

Visit us on Facebook! <https://www.facebook.com/groups/735223356617139/>

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**North Carolina's Certified
Peer Support Specialist Program**

*An initiative of the NC Division of Mental
Health, Developmental Disabilities and
Substance Abuse Services*

Save the Date!
**Peer Support in the Face of COVID-19
Webinar Series**

Tuesday, Feb 9, 2021 | 10:00 am to 11:30 am
Tuesday, Feb 16, 2021 | 10:00 am to 11:30 am
Tuesday, Feb 23, 2021 | 10:00 am to 11:30 am

Peer support is a proven service in the behavioral health field, especially during time of crisis. Join us on a webinar series to learn how peer support works and how to get connected to services. Hear from NC Peer Support Specialists & experts as they describe how peer support can help you. The first session focuses on peer support in general, the second session focuses on PSS specializations, and the last session focuses on how to find peer support services.

Register for the series by clicking [here](#)

Contact Brandon Rollings at brandon.rollings@dhhs.nc.gov for more information.



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A PROGRAM OF THE DIVERSITY & INCLUSION COMMITTEE

INCREASING DIVERSITY IN THE LEGAL PROFESSION VIRTUAL CONFERENCE

A free virtual conference for diverse high school
and undergraduate students

SATURDAY, MARCH 20, 2021 10AM-1PM

Join the Mecklenburg County Bar to hear from Hon. Albert Diaz and meet North and South Carolina law school admission officers, law school students, lawyers and judges.



PANEL SESSIONS

Students and parents will attend various panels that discuss how to get to law school, how to get through school and many practice areas.



KEYNOTE SPEAKER

Judge Diaz is the first Hispanic judge to serve on the Fourth Circuit. He was appointed by President Obama in 2009.



LAW SCHOOL REPS

Students will have the opportunity to speak with North and South Carolina law school admission representatives.

Visit Meckbar.org to register or email DiversityDay@meckbar.org with any questions.

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**When:**

Tuesday, February 23,
6 p.m.

Where:

Virtual via WebEx

Minutes to Months: Overcoming the Challenges of a Pandemic as a Teen

Let's Keep Our Teens Healthy and Connected

The pandemic has made life difficult on everyone, especially our teenagers. Teens, who often thrive on social interaction, may have trouble staying healthy and connected in the isolation of quarantine.

So, we're inviting teens and their families to join us for a virtual event examining the impact COVID-19 has had on our youth. Guest speakers Michael Hayes and Sarah Schaller will discuss:

- Tips for keeping yourself healthy at home
- How to identify signs of depression and anxiety
- What to do if you or a loved one needs support

Michael Hayes is a Reconnect for Resilience Skills Educator, Recovery Coach, the founder of the Urban Arts Institute, and the executive director of Umoja Health, Wellness and Justice Collective. **Sarah Schaller, MSW** is a licensed System of Care clinician with 10 years of experience in social work, specifically with children and families.

[Click here](#) to register for this event.

rev. 20210201

FOR MENTAL HEALTH HELP FAST:

Call ****ASK (2-7-5)** from your cell phone or **1.800.939.5911**.

Or visit us online: cardinalinnovations.org.

**Cardinal
Innovations
HEALTHCARE.**

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[WHO WE ARE](#)

[OUR PROGRAMS](#)

[OUTCOMES](#)



Reminder: You're Invited to a Screening of

My Ascension

A documentary film by director/producer Greg Dicharry

Wednesday, February 10, 6:00 pm CT

Panel discussion to follow

[CLICK HERE TO REGISTER](#)

Filmmaker Greg Dicharry won an award for his movie about Kevin Hines, who survived a suicide attempt when he jumped off the Golden Gate Bridge at age 19. Greg wasn't planning to do another film about teen suicide, but when he met Emma Benoit, he knew her story had the potential to make a powerful impact on people of all ages.

My Ascension depicts Emma's journey from her suicide attempt at age 16 to her work as an activist, supporting the thousands of other teens who are struggling as she once was. Every day, more than 20 young people die by suicide in the United States.

Join Newport Healthcare and the Grant Halliburton Foundation for a screening of the film, followed by a panel discussion on the state of teen and young adult mental health hosted by Kristin Wilson, Newport's Vice President of Clinical Outreach.

[Read a Q&A with Greg.](#)

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Featured Speakers:

Kristin Wilson, MA, LPC

Kristin is a licensed clinician who has been working in the treatment field since 1997. At Newport Healthcare, she guides clients, families, and professionals toward appropriate levels of integrated care. A recognized thought leader in the field, Kristin has been featured in numerous national and regional media.



Emma Benoit

Emma became passionate about suicide prevention after surviving a suicide attempt in 2017. Her attempt resulted in a spinal cord injury that left her paralyzed but propelled her on a mission to use her experience to help others. She is an uplifting speaker who has shared her powerful story with thousands of people.



Greg Dicharry

Greg is a filmmaker and mental health advocate who in 2019 received Mental Health America's top honor, the Clifford Beers Award, for his work in youth mental health. He is the founder of the youth program MY LIFE, and co-director of the 2018 film *Suicide: The Ripple Effect*.



Tonja Myles

Tonja is an ordained minister, community activist, peer counselor, military veteran, and survivor of addiction, abuse, and a suicide attempt. She has testified on Capitol Hill numerous times, and is a highly sought-after subject matter expert on mental illness, substance abuse and trauma.



Vanita Halliburton

Vanita is co-founder and executive chairwoman of Grant Halliburton Foundation, a nonprofit established in 2006 following the suicide death of her son, Grant. She is a frequent speaker on youth mental health and the need for a collaborative and comprehensive approach to suicide prevention in our communities.



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“What drew me to Emma’s story was that she doesn’t fit the perception people have in their heads of the kind of kid who deals with mental health challenges or attempts to take their life. Her story helps break down the stereotypes and the stigma associated with mental health issues.”

Greg Dicharry

[LEARN MORE](#)

Presented by:



NEWPORT HEALTHCARE

— Empowering Lives. Restoring Families.™ —

Newport Healthcare is a series of evidence-based healing centers for teens, young adults, and families struggling with mental health issues, eating disorders, and substance abuse. Newport Healthcare offers a family-systems approach, providing gender-specific, individualized, and integrated programs that encompass clinical therapy, academic support, and experiential practices.

Co-hosted by:



GRANT HALLIBURTON
FOUNDATION

It's about help. It's about hope. It's about peace of mind.

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MECKLENBURG COUNTY

TRIPLE P

PARENT WEEKLY

Everyday Tips For Everyday Parents

Triple P Parent Weekly and our live Triple P Parent Weekly Tips & Conversation!

You are invited to a Zoom webinar.

When: Every Thursday, 12:30 PM Eastern Time (US and Canada)

Please click the link below to join the webinar:

<https://us04web.zoom.us/j/720328105?pwd=MUZHaeZZMW5YSk5oWVNvRU5ManVvUT09>

Password: 178591

Or iPhone one-tap:

US: +19292056099,720328105# or +13126266799,720328105#

If you would like to receive one-on-one Triple P support, please call

MHA ParentVOICE at 704.365.3454

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Virtual NC Dyslexia Parent Support Group

Join with other parents and guardians to discuss the joys and challenges of raising a child with dyslexia. This is an informal opportunity to connect, learn and support each other on this journey.



Date: February 24, 7:00pm-8:00pm

Please send us an email for the meeting link.
decodingdyslexianc@gmail.com

Parent Chat

Dyslexia

IEP

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SPREAD THE WORD!

We're excited to connect with you regarding our new, virtual [LoveYourBrain Mindset](#) program. While our in-person programs remain on pause we've found that Mindset program to be a great way for individuals to remain connected with one another while in the virtual world. I've copied some information below and would love it if you could share within your networks.

WHAT: This FREE 6-week online program is designed to build resilience and community through yoga, mindfulness, and education. You can choose between:

- Joining a weekly Group Discussion over Zoom with other people who've experienced traumatic brain injury and their caregivers
- Doing a live yoga class over Zoom with LoveYourBrain certified yoga teachers and fellow members of the TBI community.

PLUS, you'll receive weekly emails with 4 tools: educational videos, recorded yoga classes, yoga nidra, and guided meditations

WHO: Depending on the type of program, people may be eligible if they have experienced a brain injury, are caregivers, yoga teachers, clinicians, or are simply interested in building resilience.

WHEN: Programs start in February at different days and times. All times are listed in ET and PT.

SIGN UP: Programs are each limited to 13 people so [sign up](#) on our website today! Once you register, you'll receive an email from us from mindset@loveyourbrain.com, please check your spam folder if you do not hear from us within 5 business days of completing registration. Please note that while we encourage people to attend this program more than once, we give priority to those who have not yet attended to ensure equal opportunity to participate. If you've previously attended a Mindset program, you may be waitlisted.

Questions: Please refer to our [Frequently Asked Questions](#) page for more information.

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Alyssa Talbot

Manager of Systems

LoveYourBrain Foundation
she, her, hers

✉ alyssa@loveyourbrain.com

🌐 www.loveyourbrain.com

📍 PO Box 247, Norwich, VT 05055

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Event abbreviations: <PAT> Patriotic; <FUND> Fundraiser; <SUP> Support; <JOB> Career; <FIT> Fitness; <NET> Networking, <VOL> Volunteer op, <BIZ> Business, <EDU> Education/Training

Carolinas Military & Veteran Events for February 2021

Events are added/shared for your information only and do not serve as an endorsement of the organizations hosting the events.

February 2021 Events

Feb 1-28 FIT Team RWB Taji 100

Feb 3 SUP Virtual Veterans Coffee

Feb 6 FIT FUND US Vets Hall of Fame 22 Mile Ruck

Feb 6 VOL Team Rubicon Loaves & Fishes, Charlotte

Feb 8-12 EDU Patriots Path Workshop-Women Vets only

Feb 17 JOB NC4ME Hiring Event

Feb 19 SUP USO of NC Expecting Spouse-Service Member Reset

Feb 22-26 EDU Patriots Path Workshop

Feb 23 JOB Bradley Morris Eastern Region Virtual Career Fair

Feb 24 SUP VetLanta Q1 Virtual Summit

Feb 24 NET Patriots Path Mock Interview

[National Center for PTSD resources, events, including the PTSD Coach App](#)

[American Red Cross Free Online Psychological First Aid: Supporting Yourself and Others During COVID-19](#)

[NC4ME Virtual Employment Connection](#)

[Vet Coffee update](#)

[Additional Mil-Vet Resources](#)

[List of area Mil-Vet Support Organizations](#)

[Link to additional events on the radar](#)

[Link to Carolinas Freedom Foundation Events](#)

[Link to Independence Fund Event Calendar](#)

[Link to NC Department of Military & Veterans Affairs Event Calendar](#)

[Link to NC for Military Employment Calendar](#)

[Link to NC Department of Public Safety Job Fairs](#)

[Link to Patriot Military Family Foundation Event Calendar](#)

[Link to Patriot Path Event Calendar](#)

[Link to Purple Heart Homes Event Calendar](#)

[Link to Re-occurring Monthly Veterans Events](#)

[Link to Veterans Bridge Home's Event Calendar](#)

[Link to Veteran Coffee's as compiled by Don Timmons](#)

[Link to USO of NC Event Calendar](#)

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VSC Veterans Stand down Schedule 2021

<u>Grant</u>	<u>Date</u>	<u>Location</u>	<u>POC</u>
HVRP- Piedmont	March 19 th , 2021	NCWorks Career Center 2701 University Pkwy Winston-Salem, NC 27105	Archie Barrow Piedmont Regional Coordinator Archie.barrow@abccm.org
HVRP- East	March 19 th , 2021	Cape Fear Community College 411 N. Front St. Wilmington, NC 28401	Tim Driscoll Network Relations Coordinator Tim.driscoll@abccm.org
HVRP- East	March 23 rd , 2021	First United Presbyterian Church 302 Moore St. Fayetteville, NC 28301	Derek Pavlosky Eastern Regional Coordinator Derek.pavlosky@abccm.org
HVRP- Piedmont	March 26 th , 2021	TBD Charlotte, NC	Maurice Collins Foothills Regional Coordinator Maurice.collins@abccm.org
HVRP-West	April 16 th , 2021	Catawba Valley Community College Tarlton Complex 2550 US Hwy 70 SE, Hickory, NC 28602	John Helton Case Manager John.helton@abccm.org
HVRP- West	April 29 th , 2021	Robert C. Carpenter Building 1288 Georgia Rd. Franklin, NC 28734	Tera Jabs Western Regional Coordinator Tera.jabs@abccm.org

Program Mission

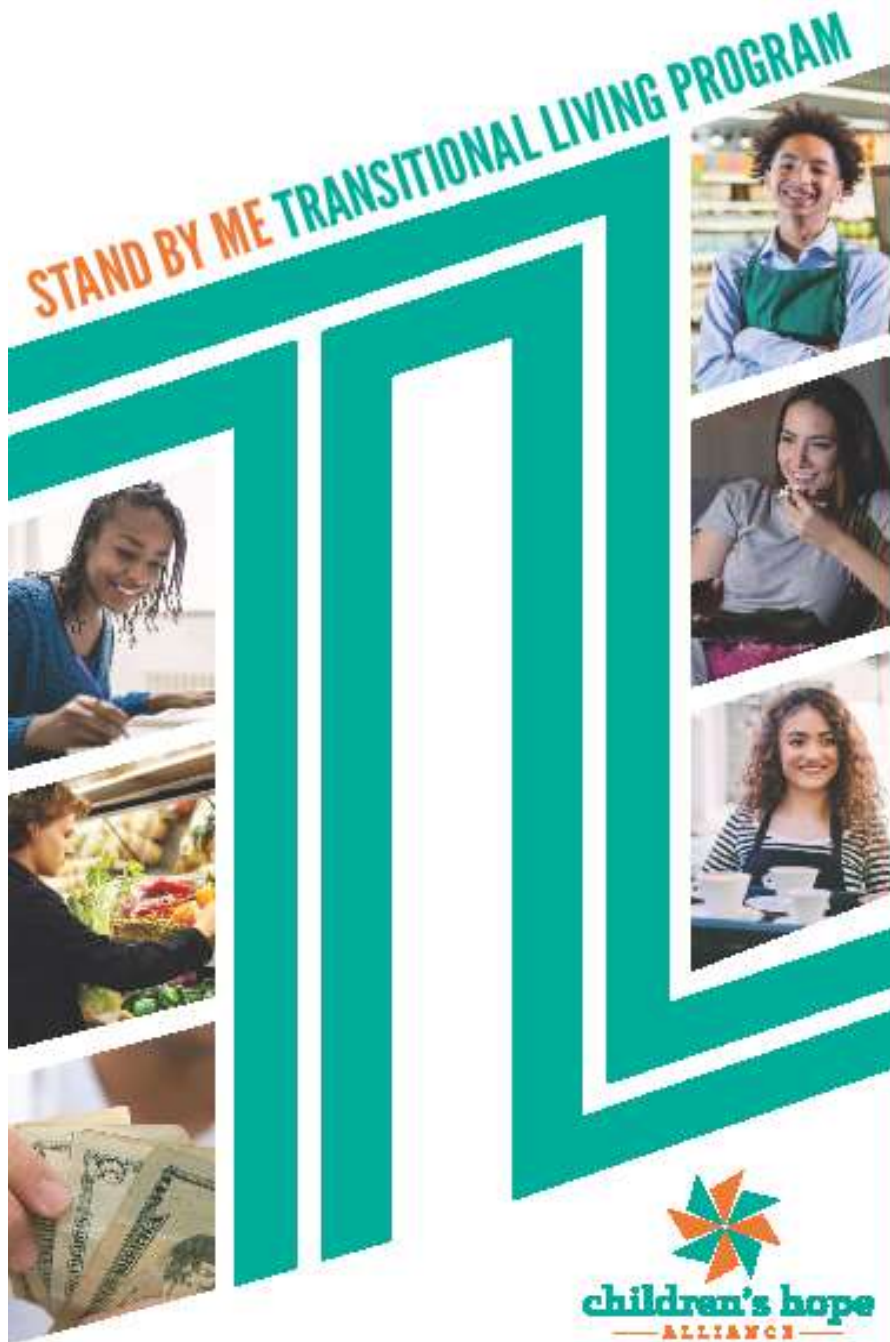
To provide integrated parent-to-parent peer support and empowerment, leading to measurable improvements in the health and wellness of families experiencing emotional, behavioral, and mental health challenges.

Sometimes, the availability of services may change and the information listed here implies different steps to access benefits, services, or services that may be outside of your current benefit plan.

<http://www.elsevier.com/locate/jmb>



3703 Latrobe Drive Suite 220, Charlotte, NC 28211



Our Transitional Living Program establishes and maintains a safe, healthy, productive, and family home-like setting for young adults ages 18-21, who are transitioning to the world-at-large. Transitional Living staff members guide their journey through empowerment of "voice and choice."

A supportive, consistent, and purposeful life-changing structure allows these young people to acquire the requisite academic, social, emotional, vocational, and independent living skills to be self-sufficient and successful in college, career, and community-based living.

Provides an opportunity to live independently in an approved, supervised setting

- ▶ Three-phased program for **young adults 18-21 years old**, who are willing to enter into the program and expect to graduate
 - **Phase 1:** dorm-style living
 - **Phase 2:** apartment-style living
 - **Phase 3:** community-based living
- ▶ **Support** provided by highly qualified staff members, located on-site 24 hours a day
- ▶ Located in **Barium Springs, NC** (near Statesville)

Preparation Services include:

Basic Life Skills Training

- Cooking and nutrition
- Budgeting and finance

Educational/Vocation Training

- Assistance in applying for financial aid
- Tutoring

Employment Skills Training

- Career awareness
- Interviewing skills
- Help in completing job applications

Social Skills Training

- Self-esteem classes
- Counseling services
- Youth retreats

Life Issues Awareness Training

- Sex education and AIDS information
- Child abuse information
- Discussion on teen depression & suicide

Suitable Housing Skills Training

- Apartment hunting
- Using community resources

Call us today for more information: 800-320-4157

www.ChildrensHopeAlliance.org

Program Mission

To provide integrated parent-to-parent peer support and empowerment, leading to measurable improvements in the health and wellness of families experiencing emotional, behavioral, and mental health challenges.

ParentVOICE Program – Telephone: 704-365-3454/ Website: www.mhacentralcarolinas.org

3703 Latrobe Drive Suite 220, Charlotte, NC 28211



When:

Friday, February 26
10 a.m. to 3 p.m.

Where:

Streaming Online via WebEx

Save the Date:

Black Mental Health Matters

Raising Awareness of Black Mental Health

Join us for this virtual event to raise mental health awareness while celebrating Black History Month.

**More details and registration
information coming soon.**

rev. 20210115

FOR MENTAL HEALTH HELP FAST:

Call ****ASK (2-7-5)** from your cell phone or 1.800.939.5911.

Or visit us online: cardinalinnovations.org.

**Cardinal
Innovations
HEALTHCARE.**

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Registration is Open!

The Overnight Virtual Experience

June 26, 2021



American
Foundation
for Suicide
Prevention



Announcing The Overnight Virtual Experience!

We are excited to announce the launch of The Overnight Virtual Experience, a physically safe version of our annual Out of the Darkness Overnight Walk. Your help is more important than ever before in raising awareness and funds so that we can continue our mission. With no fundraising minimum, this is a special chance to get involved and see what makes The Overnight such a life-changing experience for so many people, year after year.

The Overnight Virtual Experience offers a variety of options for you to join in by participating in different activities of your choice, such as walking, running, journaling, reading, yoga, and more. Just as in previous years, each Overnight participant will be matched with a Walker Coach who will provide you with personal guidance and encouragement as you reach fundraising milestones, and spread education, awareness, and understanding in your community. The Overnight Virtual Experience will culminate in an online event for participants on June 26, 2021.

There has never been a better time to join our Overnight Family.

[Register today](#)



No longer want to receive these emails? [Unsubscribe.](#)

American Foundation for Suicide Prevention 199 Water St. 11th Floor New York, NY 10038

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Two Strong Sources of Support for Those with Special Needs



A project of InReach since 1999, First In Families (FIF) partners with families, individuals and the community to fulfill the needs and life goals of families with developmental disabilities (including Autism, Down Syndrome, Cerebral Palsy or Traumatic Brain Injury). FIF offer support to families according to their self-defined needs.

Examples of support include computers, home furnishings or modifications, child care or respite, summer camps or repairs to vehicles. Support can also be connecting individuals to vocational, social, and educational opportunities.

FIF CAN HELP WHEN ALL OTHER RESOURCES HAVE BEEN EXHAUSTED.

FIF receives funding from donations, grants, the state, county and fundraising events. FIF also oversees Joshua's Promise, which is dedicated to helping families that need assistance with funeral and burial arrangements for a child up to age 18 who died due to a congenital and/or a developmental disability.

TO BE ELIGIBLE FOR ASSISTANCE YOU MUST:

- ☒ Live in Mecklenburg County;
- ☒ Have a combined household income not to exceed \$65,000 after taxes;
- ☒ Be or live with a family member with a developmental delay or intellectual/developmental disability or Traumatic Brain Injury;
- ☒ Place or residence must be a house or apartment, not a licensed setting.

WHEN APPLYING FOR THE FIRST TIME, APPLICANTS MUST PROVIDE:

- ☒ Proof of disability (i.e., psychological evaluation or medical record),
- ☒ Proof of income (i.e., pay stubs or public assistance award letters, or current 1040 tax return), and
- ☒ Proof of address (i.e., photo ID or current utility bill or signed lease agreement).

TO APPLY:

If it has been more than one year since the applicant last applied, they must provide proof of income and proof of address. Vendor invoices/quotes must be submitted with all applications, if applicable.

► Find the First In Families Application at <http://bit.ly/FIFapp>

Applicants can also call our office (704) 536-6661 to request to have an application mailed or picked up from our office located at:
4530 Park Road, Suite 300, Charlotte, NC 28209



► HOW YOU CAN HELP

We always welcome the helping hands of volunteers and interns! If you have an interest in becoming a volunteer or making a donation to FIF, contact Keiba Young, Project Coordinator, at 704-536-6661 x437 or kyoung@inreachnc.org.

INREACH

Providing services in the Charlotte community for individuals with special needs since 1974, InReach's work now expands into the eight counties surrounding Mecklenburg.

AMONG THE SERVICES WE PROVIDE:

- ☒ NC Innovations Waiver Services (offered in the Cardinal Innovations Healthcare area)
- ☒ B3 Services – Medicaid
- ☒ Community Guide & Community Works
- ☒ Coordination of Day Activities, Community Engagement, Enrichment Classes and Volunteer Involvement
- ☒ Employment Support and Job Coaching
- ☒ First In Families
- ☒ Apartments, Group Homes, Independent Community Housing and Supervised Living

InReach promotes independence, offers safe, affordable housing options, connects individuals with employment, volunteer, and community activities/resources.

Call us to explore the many ways we can help support a richer, fuller life for those with special needs.

704.536.6661 ▪ www.InReachNC.org



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